



Tuesday, March 14, 2023

Dear Catamount Families,

In news that will surprise no one, students are so excited about being on break this week. If they're home, you'll have the opportunity to talk about what's giving your student joy, and what they might need to thrive in the second half of the semester.

We can sometimes underestimate the mental load students carry, and open-ended questions are a chance to understand how your student is doing. These conversations can go a long way toward helping your student clarify, plan, and build intention about short- or long-term goals. The key, as always, is to provide an opportunity for them to talk, uninterrupted.

Or you might ask about aspirations for the summer ahead. Your student might want to explore [internship opportunities](#) and apply for an [internship scholarship](#), or consider taking [a summer course](#) to get ahead or lighten their load next fall.

As engaged and invested partners in your student's educational journey, your curiosity supports their evolving decision-making. I hope it's an enjoyable week of recharge and reconnection for you all.

Warmly,

Erica Caloiero

Vice Provost for Student Affairs

WHAT'S HAPPENING LATER THIS MONTH...



2023 Inclusive Excellence Symposium

March 21–24, 2023

The 2023 Inclusive Excellence Symposium explores what it means to be in community with UVM's [Our Common Ground](#) values with speakers Loretta Ross, Rabia Chaudry, D'Lo, and Maimouna Youssef with both in-person and online offerings. [Registration is required.](#) UVM students enter for free!

Sexual Health & Wellness Fair

March 29, 2023, 11:00 a.m.

Join the Center for Health and Wellbeing for a "sexpo," where attendees can engage with local community and on-campus organizations offering sexual health services and education, including STI testing. [Learn more online.](#)



How to Regulate & Process Emotions

Thursday, March 30, 2023

The College of Education and Social Services Student Services office is thrilled to host Alyssa Blask Campbell, the CEO and founder of [Seed and Sew](#) and a leading expert in emotional development on Thursday, March 30 at 6:30 p.m. in Memorial Lounge of the Waterman Building.

Move More March

March 1–April 2

UVM Campus Rec is encouraging students to take part in this year's [600 Minute Challenge](#) and "Move More March." Through April 2, students are challenged to move their body any way THEY choose and can join at any time! Learn more on [Campus Rec's website.](#)

FROM THE CENTER FOR STUDENT CONDUCT

You may have heard the recent buzz about ChatGPT, a large language model that is a powerful tool for generating text. ChatGPT has the potential to enhance learning but can also be used in ways that violate [UVM's Code of Academic Integrity \(pdf\)](#). UVM is

continuing to consider the opportunities and also the potential harms of ChatGPT and other artificial intelligence tools so we can communicate expectations to students and educate about its ethical use.

What can you do? Encourage your student to talk with faculty about ChatGPT and whether its use is allowed in classes. While some faculty may allow or even encourage its use, many prohibit use of ChatGPT and other such technology on graded assignments. Students should be aware of expectations and talk with their instructors before using ChatGPT on assignments.

CAREER CORNER



Summer Internships Funding Application

Is your student looking for some help with funding a summer internship? The Career Center may be able to help!

The [application for summer 2023 internship funding](#) is now open through **March 23, 2023**. UVM internship scholarship funds are intended to help defray costs of living during a summer internship for those in need.



Now Hiring Fall 2023 Peer Leaders

Is your student looking for an on-campus job that pays well and aids in their own career prep? Let them know about the [UVM Career Center Peer Leader program](#)! This program connects students and alums to people, opportunities, and resources to help them find and pursue experiences, develop skills, explore interests, and expand their networks.

SAVE THE DATE!

UVM's "The College Tour" Premieres March 22

UVM's 30-minute episode—available next week on Prime Video and Apple TV—

features 10 students sharing their stories of what it's like to be a UVM Catamount. Don't want to wait? You can [watch the episode online now!](#)

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